

Maternal Infant Health Program
Topics Relevant to MIHP Practice

MATERNAL/INFANT HEALTH

1. Risks associated with the following:
 - a. Teen pregnancy
 - b. Poverty
 - c. Lack of support systems
 - d. Unplanned/unwanted pregnancy
 - e. Parental depression/loss
 - f. Physical/sexual/emotional/verbal abuse or neglect
 - g. Domestic violence
 - h. Chronic disease related to pregnancy
 - i. Sexually transmitted illnesses
 - j. HIV/AIDS
 - k. Substance abuse
 - l. Inadequate/excessive weight gain in pregnancy
 - m. Smoking and pregnancy
 - n. Mental/physical impairments
2. Childbirth education
3. Infant care issues:
 - a. Maternal/infant bonding
 - b. Nutrition: formula/breast milk
 - c. Immunizations
 - d. Hygiene
 - e. Parenting skills
 - f. Safety
 - g. Normal growth and development
 - h. Infant stimulation
4. Family planning (methods and resources)
5. Lead poisoning
6. Infant mortality issues (including disparities; root causes of health inequity; and social determinants of health) and prevention strategies in Michigan

NURSES

1. Pregnancy and prenatal care
 - a. Body changes during pregnancy by trimester
 - b. Monthly fetal development
 - c. Typical procedures at prenatal appointments
 - d. Diagnostic procedures and reasons done
 - e. Chronic diseases related to pregnancy
 - f. Premature labor/signs of labor

- g. Pre-eclampsia and eclampsia
- h. Rh incompatibility
- i. Congenital anomalies
- j. Anemia
- k. Delivery: Vaginal and C-section
- 2. Newborn and infant care
 - a. Cord and circumcision care
 - b. Growth and development
 - c. Attachment and bonding
 - d. Infant stimulation and sleep patterns
 - e. Nutrition
 - f. Breastfeeding techniques/formula feeding
 - g. Immunization series/side effects
 - h. Common infant illnesses, e.g. colic, thrush
 - i. Safety
 - j. NICU related issues
 - k. Parenting
- 3. Postpartum care
 - a. Lochia and “normal” postpartum changes
 - b. Postpartum blues versus depression
 - c. Contraceptives
 - d. Voluntary sterilization

SOCIAL WORKERS

- 1. Assessment
 - a. Decision making regarding adoption/keeping baby
 - b. Psycho-social aspects of pregnancy
 - c. Coping with feelings re: unwanted pregnancy
 - d. Bonding/parenting skills, strengths
 - e. Personal issues affecting family well-being
 - f. Environment
- 2. Addressing family issues
 - a. Relationship/couples issues
 - b. Teen mom and family issues
 - c. Parenting skills
 - d. Normal child behavior and appropriate discipline
 - e. Domestic violence
- 3. Identifying counseling resources for:
 - a. Depression
 - b. Suicide potential
 - c. Anxiety
 - d. Anger
 - e. Self-destructive behaviors
 - f. Childhood trauma
 - g. Substance abuse

- h. Low self-esteem
- i. Grief/loss

REGISTERED DIETITIANS

1. Maternal
 - a. Acceptable weight gain
 - b. Underweight
 - c. Obesity
 - d. Anorexia/bulimia
 - e. Pica
 - f. Constipation/heartburn
 - g. Toxemia/pre-eclampsia
 - h. Gestational Diabetes
 - i. Vitamin/herbal supplements
 - j. Special diets
2. Post-partum
 - a. Weight loss
 - b. Postpartum nutrition
3. Infant
 - a. Breastfeeding/Bottle-feeding (formulas/preparation)
 - b. Weight gain/growth
 - c. Age appropriate foods
 - d. Food Allergies
 - e. Reflux
 - f. Enteral/tube feedings
 - g. Necrotizing enterocolitis
3. Assessing client's attitude toward infant feeding

INFANT MENTAL HEALTH SPECIALISTS

1. Assessment
 - a. Parent-infant attachment
 - b. Social-emotional development of infant
 - c. Parental depression
2. Facilitating referrals to mental health services
3. Brief parent-infant interventions (if parent refuses mental health referral)
4. Topics listed under "Social Workers" heading (pg. 2).